

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT
PLEASE RECYCLE

Recommendations

3-6 capsules daily in divided doses with food, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY/SOY PROTEIN, EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL COLORING, ARTIFICIAL FLAVORING, OR PRESERVATIVES.

Independently tested for authenticity, potency, solvent residue, stability and bacteria, yeast and mold counts.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

MADE IN THE USA

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children. In case of accidental overdose, call a doctor or poison control center immediately.


VITAL
NUTRIENTS

Multi-Nutrients 4

Citrate/Malate Formula
(with Copper & Iron)



DIETARY SUPPLEMENT

180 CAPSULES

Supplement Facts

serving size: 6 capsules - servings per container: 30

	amt. per serving	% daily value
Vitamin A (as beta carotene and mixed carotenes)	20,000IU	400%
Vitamin C (ascorbic acid)	850mg	1416%
Vitamin D (as cholecalciferol)	1000IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	400IU	1333%
Thiamin (as thiamine HCl)	40mg	2667%
Riboflavin	15mg	882%
Vitamin B6 (as pyridoxine HCl)	15mg	750%
Folate (as L-5-MTHF) Metafolin®	400mcg	100%
Vitamin B12 (as methylcobalamin)	500mcg	8333%
Biotin	400mcg	133%
Pantothenic Acid (as calcium pantothenate)	350mg	3500%
Calcium (as dicalcium malate & calcium pantothenate)	300mg	30%
Iron (as iron aspartate)	10mg	55%
Iodine (as potassium iodide)	225mcg	150%
Magnesium (as dimagnesium malate)	275mg	69%
Zinc (as zinc citrate)	15mg	100%
Selenium (as selenomethionine)	200mcg	286%
Copper (as copper glycinate)	2mg	100%
Manganese (as manganese citrate)	6mg	300%
Chromium (as chromium polynicotinate)	200mcg	167%
Molybdenum (as molybdenum citrate)	100mcg	134%
Potassium (as potassium citrate)	75mg	2%
Riboflavin 5' Phosphate	10mg	*
Niacinamide	110mg	*
Pyridoxal 5' Phosphate	10mg	*
Boron (as boron citrate)	3mg	*
Vanadium (as vanadium citrate)	100mcg	*

* Daily Value not established

Other Ingredients: Gelatin Capsule, Ascorbyl Palmitate, and Magnesium Silicate.